

MONTHLY MEAL PLAN

September

SUN	MON	TUE	WED	THUR	FRI	SAT
		1 <u>Baked Chicken Orzo</u> (One-Pan Dinner)	2 <u>Air Fryer Chicken Meatballs</u>	3 <u>Chicken Wrap</u>	4 <u>Sausage Sweet Potato Sheet Pan with Apple and Sage</u>	5 <u>Tomato Sauce with San Marzano Tomatoes</u> (for Pasta Dinners)
6 <u>Orange Chicken and Rice</u>	7 <u>Taco Sloppy Joes</u>	8 <u>Slow Cooker Sweet and Sour Meatballs</u>	9 <u>Crock Pot Honey Garlic Chicken</u>	10 <u>Marry Me Chicken Pasta</u>	11 <u>BBQ Root Beer Pulled Pork</u>	12 <u>Honey Glazed Chicken Thighs</u>
13 <u>Cheesy Chicken Enchiladas</u>	14 <u>Cheesy Mini Meatloaf</u>	15 <u>Creamy Fettuccine Alfredo with Shrimp</u>	16 <u>Brown Sugar Soy Chicken</u>	17 <u>Biscuit Gravy Breakfast Casserole</u>	18 <u>Shredded BBQ Tofu Bowls with Apple Fennel Slaw</u>	19 <u>Roasted Sweet Potato and Black Bean Quinoa Salad</u>
20 <u>Coconut Curry Dumpling Bake</u>	21 <u>Creamy Vegan Tortilla Soup</u>	22 <u>Bacon Chicken Ranch Quesadillas</u>	23 <u>Philly Cheesesteak on the griddle</u>	24 <u>Smoked Chicken Drumsticks</u>	25 <u>Beef Sliders</u>	26 <u>Sloppy Joe Pasta</u>
27 <u>Chicken Parmesan With Chicken Strips</u>	28 <u>Creamy Chorizo Pasta</u>	29 <u>Baked Jerk Chicken</u>	30 <u>Your Recipe Here</u>			